



YOUTH

GYMNASTIC PARENTS PLEASE NOTE:

- *Due to the large number of parents and siblings watching the gymnastic classes we are requesting that parents only attend the first and last day of class.
- *Birth Certificate verification is needed for all first time students in the 3 and up gymnastic program.
- *In all classes students should wear tight fitting clothes and either gymnastic shoes or be prepared to go barefoot.
- *During class we ask parents of students to wait in the back lobby for their children.

GYMNASTICS FOR PARENT/CHILD

Ages: 2 ½ to 3

A time for mom or dad and tot to spend time together while learning something new. This is an open gym experience with instructor supervision. Tots will use the balance beam, uneven bars, and tumbling mats. Parents will guide their child through each class. Only one child per parent or adult. Children not registered for the class may not accompany their parent to class.

September 14 – November 30

(No class October 12, November 9, 16 and 23)

204060 A1 – TH– 1:00 p.m. – 1:45 p.m.

Fee: R \$32 / NR \$40 – Eight classes

GYMNASTICS FOR 3 YEAR OLDS

Age 3

Preschoolers will receive instruction on the uneven bars balance beam, vault and in tumbling. This once a week class is for children who have already taken the Parent/Child Gymnastics class or Tumbles and Twists.

September 15 – November 30

(No class October 12, November 9, 16 and 23)

204062 A1 – TH– 2:00 p.m. – 2:45 p.m.

Fee: R \$32 / NR \$40 – Eight classes

TUMBLES AND TWISTS

Ages 3 – 4

This fun filled program gives tots the chance to use their imagination to the fullest through creative movement, interactive songs, tumbling and stretching exercises designed to help them understand the movement abilities of their bodies.

September 12 – November 14

204061 A1 – T– 2:00 p.m. – 2:45 p.m.

Fee: R \$40 / NR \$50 – Ten classes

GYMNASTICS FOR YOUNG BEGINNERS

Age 4 and 5

This once a week class will be good for those children who are just starting out in gymnastics or have taken the parent/child or Tumbles and Twist class.

September 12 – November 14

214060 B1 – T – 3:00 p.m. – 3:45 p.m.

Fee: R \$40 / NR \$50 – Ten classes

September 14 - November 30

(No class October 12, November 9, 16, and 23)

214060 A1 - TH - 3:00 p.m. - 3:45 p.m.

Fee: R \$32 / NR \$40 – Eight classes

GYMNASTICS

Youngsters will receive instruction on the uneven bars, balance beam, vaulting horse, and in tumbling. Class is for all ability levels. Our instructors, when possible will group boys and girls by age and ability levels.

September 12 - November 28

(No class October 12, November 16 and 23)

AGE 5 - 12

214061 A1 - T/TH - 4:00 p.m. - 5:00 p.m.

214061 B1 - T/TH - 5:00 p.m. - 6:00 p.m.

AGE 6 – 12

214062 A1 – T/TH - 6:00 p.m. – 7:00 p.m.

Fee: R \$100 / NR \$125 – Twenty classes

GYMNASTICS ADVANCED

Instructor written approval required

Ages 7 and up

This class will have a student/teacher ratio 1 instructor to 4 students. This will give students an opportunity to improve skills already learned in a small group setting.

Written approval does not guarantee a space in the class.

Sign up for one class only.

September 19 - November 7

214063 A1 - T - 7:00 p.m. - 8:00 p.m.

Fee: R \$72 / NR \$90 - Eight classes

YOUTH OPEN GYM* - September thru November

Ages 17 and Under

Monday – 1:00 p.m. – 5:30 p.m.

Wednesday and Friday - 3:30 p.m.– 5:30 p.m.

*Please call ahead @ 703-255-6360. Gym will be closed on holidays. No open gym September 29, October 13 and 20, and November 3, 10, 17, and 24



Youth